



# 2018 Menu

Please go to

[www.quickcliq.com.au](http://www.quickcliq.com.au)

to order, or write on your bag clearly with your name and room number and place in basket outside the canteen.

Orders MUST be paid for on the day of ordering. Children with late orders or forgotten lunches will be offered a simple sandwich and asked to pay the following day.

9405 3528

[canteen@edgewaterpandc.com](mailto:canteen@edgewaterpandc.com)

The canteen is run by Kerry & the "Can-Team" (Canteen Committee, Edgewater P&C). We are always in need of **volunteers** to help out, particularly now that we are running a predominantly **HOME MADE** menu, containing plenty of **vegetables** (often hidden). We also use wholemeal bread and flours, decrease the amount of sugar in most recipes and avoid nasty additives where possible. Please let us know if you can donate some of your time. Every volunteer will receive a \$5 **canteen credit** to be used on the day of service and will receive a ticket to go into the draw for a **special prize** each term.

**Students love having a parent at the canteen!**

## Before School

- ★ Hot Chocolate \$2
- ★ Coffee (adults) \$2

## Recess

A selection of the following:



- ★ Pizza \$1 (G)
- ★ Cheesies \$1 (A)
- ★ Bean Bombs \$1 (G)
- ★ Muffins/cake/slice \$1 (A)
- ★ Mini muffins 50c (A)
- ★ Vanilla custard 50c (A)

- ★ Apple slinky \$1 (G)
- ★ BYO apple slinky 50c (G)
- ★ Jelly & fruit Cup 50c (A)
- ★ Popcorn 50c (G)
- ★ Yoghurt \$1 (A)
- ★ Hot Chocolate \$2 (A)
- ★ Fruit \$1 (G)
- ★ Watermelon icypoles 50c (G)



## Daily Specials \$4

Items will only be sold on the day they are offered.

### Monday- Hot Chicken Roll (G)

Chicken breast and mayonnaise served in a wholemeal roll

### Tuesday- Snack Box (G)

Fruit, vegetables, dairy, cheese, crackers & a protein

### Wednesday- Chicken Wrap (G)

Hot Chicken strips with cheese & Salad

### Thursday- Burgers (G)

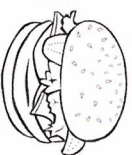
Chicken or Beef with cheese & salad

### Friday- Pastries (A)

Pies & sausage rolls

*Party Pies available for \$1.50  
Tomato sauce included free of charge when requested*

Please encourage your child to make healthy food choices- we do!



**Don't forget to check the blackboard outside the canteen for specials, availability, flavours & further information.**

G- Green (Healthiest Choice)  
A- Amber (Eat in moderation)

## Lunch

**Hot Meals ~ \$4** Lasagne, Mac & Cheese, Spag Bog, Rainbow Risotto, Sausages & Mash, Butter Chicken, Soup & Bread. GF options available. Please be aware that, because these are home made, items may sometimes be unavailable and a substitute will be offered. (G)

**Salad bowls ~ \$4** Lettuce, cucumber, carrot, tomato and your choice of cheese, chicken, ham, egg or tuna. (G)

## Sandwiches ~ \$1.50 (G) , plus

- ★ Tuna/ham/chicken/egg \$1
- ★ Cheese 50c
- ★ Baked Beans 50c
- ★ Salad \$1
- ★ Vegemite (free)
- ★ Mayo/chutney 50c
- ★ Toasted 50c

## Drinks

- ★ Flavoured Milk \$2.50 (G)
- ★ LOL \$2.50 (A)
- ★ Nudie \$2 (G)
- ★ Water \$1.50 (G)

## Ice Creams & Icy Poles

50c - \$2 (A)

